

WHAT THE
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The pain-free drill that banishes nasty nails

A PAINLESS treatment which involves drilling tiny holes into nails could mean an end to fungal infections. For years podiatrists have been challenged by the problem of onychomycosis, or fungal nail infection.

Traditional over-the-counter treatments are often ineffective because the active ingredients cannot fully penetrate the nail plate to get to where the infection is. Fungal nail infections affect more than a million people in the UK. Men are more likely to suffer than women and toenails are four times more likely to be affected than fingernails.

During the 20-minute treatment which is called Clearanail, very precise 0.4mm holes are drilled into the plate of an infected nail without damaging the nail bed beneath, allowing topical treatments to soak into the infected areas.

It was invented by Dr Rolf Thomas in the Sussex Innovation Centre at Sussex University. The complete treatment costs patients an average of £150, making it cheaper than laser treatments, and visible results are said to be guaranteed within two weeks.

Alternative treatments include anti-fungal tablets, of which the most commonly prescribed are

LUCY SHAKESHAFT reports on a new treatment for unsightly fungal infections



HEALING POWERS: Treatments can penetrate the nail to aid recovery

terbinafine and itraconazole. Side effects can include itching, headaches, nausea, diarrhoea and, rarely, liver damage.

Retired teacher and school inspector Christine Hall from Hampshire suffered from a toenail fungal infection for more than 30 years before becoming one of the first patients in the UK to try Clearanail.

"I've spent hundreds of pounds over the years and tried numerous pain-on treatments but nothing worked," she says.

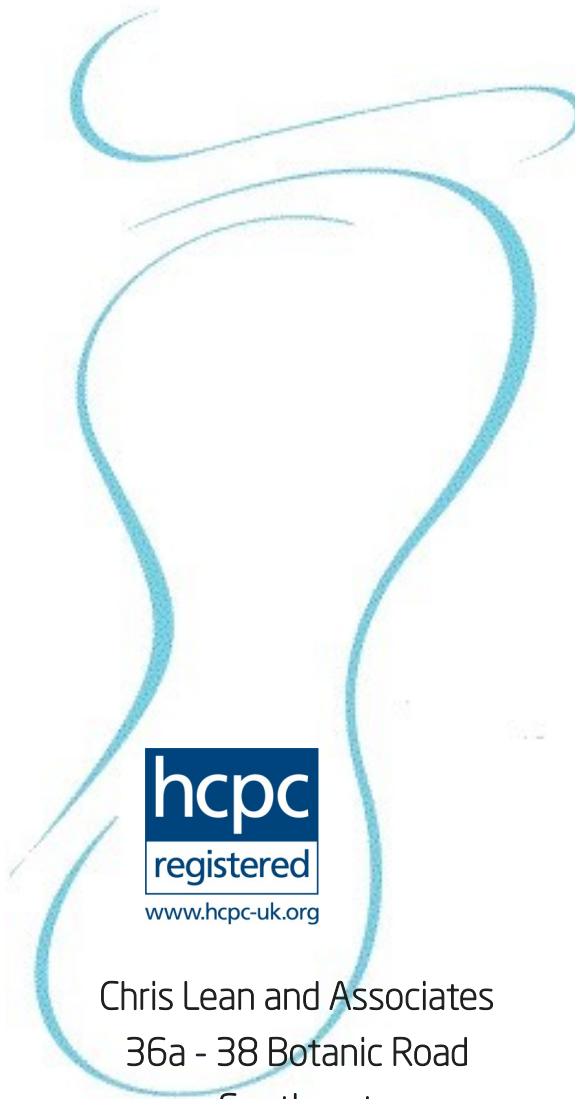
Her treatment was carried out by Dr Ivan Bristow, a podiatrist and senior lecturer in podiatry at the University of Southampton.

"Fungal nail infection rates are seen most frequently in the over-50s," he explains. "Nails that have been damaged are particularly susceptible to fungal invasion. It's very difficult for medication to reach where it is needed through a thickened nail."

"Tiny holes are made with a very fine 'intelligent' drill that can sense when it is through the nail plate and doesn't cause damage to the nail bed beneath. "These precise holes allow the topical treatments, when applied regularly, to reach the problem quickly and more effectively."

Christine says: "For the first time in 30 years my toenail is beginning to look normal. Even the thick ridges have diminished. I am so delighted."

● For more information visit clearanail.com



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CLEARANAIL



FUNGAL NAIL
TREATMENT

Introducing Clearanail®

a simple solution to a complex

Problem.

For many years, Podiatrists worldwide have been challenged with the common problem of Onychomycosis (fungal nail infection). Traditional methods of treatment are ineffective because the active ingredients usually cannot penetrate to the whole of the infection. For the patient, this means months or years of unsightly and sometimes uncomfortable nails.

Finally, there is a simple solution to this complex problem... Clearanail is an innovative, brand-new concept, which has been developed using the latest technological advances.

It is an exciting new device based upon Controlled Micro Penetration (CMP) and which empowers podiatrists to make micro pathways through the nail plate - without penetrating the nail bed. This creates deeper access into the areas of infection rather than just the surface of the nail, for the subsequent application of a topical treatment solution. This in turn leads to clearing of the infection in a shorter time.

Podiatrists can offer this revolutionary treatment as a new service to their patients, which guarantees results over conventional methods.

Clearanail is an innovative method of treating fungal nails. It has been used in the United Kingdom for some years with great success. Using this computer controlled device the podiatrist is able to painlessly drill microscopic holes into the infected nail. The nail is then sprayed with a powerful antifungal on a daily basis for 2-3 months.

Because of the microscopic holes, the active antifungal ingredient is able to permeate the nail and underlying nail bed where the infection is located. This gives the antifungals a chance to kill the fungi. Unlike other topical agents, which rely on chemically opening up the structure of the nail, the antifungal really gets to the heart of the matter by passing through the holes in the nail. As the nail grows forward a healthy line of nail called the 'tide mark' can be seen also growing forward.

Clearanail is straight forward, safe and painless.



PICTURES OF SOME SAMPLE NAILS

